Goal-Setting Questions for 2011

"A goal without a plan is just a dream." -Dave Ramsey

Resolutions, goals, pursuits, dreams... Whatever you want to call them, new year's resolutions are often made and then broken by the end of January. They're a great idea, but made in haste, they fade away into a lofty idea, a worthwhile goal at the time. Why not spend some time reflecting on what you REALLY need and want to accomplish this year? Maybe this year will be different. Maybe this year, you'll see some progress.

Use this worksheet to generate thoughts and discussion among your family, or just among yourself. There's no right or wrong way to use this... Simply reflect, brainstorm, and see what you can dream up.

PERSONAL GROWTH

1. What healthy character traits would you like to see developed in your life this year? What are some specific steps will can take to develop these?

2. What is your plan for maintaining accountability for progressing in personal growth?

3. What are some your learning goals for this year?

4. What books would you like to read this year?

5. Do you enjoy your job or jobs (include being a stay-at-home mother, if this pertains to you)? If so, what are your favorite things about your work? If not, what are some ways you can change this?

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PHYSICAL HEALTH

1. What is one area of progress you'd like to see this year for maintaining or improving your physical health?

2. What are some tangible, daily choices you can add to your life that will improve your health?

3. In what way would you like to be physically healthier by December of this year?

4. What is your plan this month for starting this progress towards a healthier you?

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MARRIAGE & FAMILY LIFE

If you're married, proceed to question 1. If you're single with children, you can skip to question 5.

1. What are some goals you have as a couple to strengthen your marriage?

2. In what ways can you grow in intimacy with your spouse this year?

3. What are your plans for having regular date nights? How will you handle childcare?

4. What plans will you make to pray and/or have "family meetings" together? What books would you like to read together this year?

5. What will deliberate, regular family time look like this year?

6. Do you have specific planned vacation time in mind for this year? What needs to happen to make this vacation a reality?

7. How is your current physical living space working for your family? Do you need to make changes to this?

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Goal-Setting Questions for 2011

GOALS FOR YOUR CHILDREN

1. What are ways you'd like each of your children to grow in the following areas?

    a. Physically:

    b. Emotionally:

    c. Relationally:

    d. Spiritually:

    e. Educationally:

    f. Other:

2. How will your children be educated this year? What are some resources you'd like to explore to help your children develop intellectually and academically?

3. What are your children's strengths? How will you help them use these well?

4. What are your children's weaknesses? How will you help them overcome these?

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Goal-Setting Questions for 2011

MONEY MATTERS

1. What is one specific area of progress you'd like to see this year in your financial health?

2. How is your current income? In what ways can you make this increase?

3. How much debt do you have? In what ways can you eliminate a sizeable portion of it (or all of it) this year?

4. How is your savings account? In what ways can you save more money this year?

5. What are some of your long-term financial goals? In what ways can you make progress on them this year?

6. Are you giving regularly? If not, in what way can you give financially this year?

7. What is your plan <u>this month</u> for starting progress towards better financial health?

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Goal-Setting Questions for 2011

RELATIONSHIPS OUTSIDE THE HOME

1. In what specific way would you like to grow in relating to your friends this year?

2. What are some ways you can be of service to your immediate community?

3. Who are some specific people in your life that can use some encouragement? What will you do to encourage them this year?

4. Who are some people in your life that you admire? What are some practical ways you can positively use their influence in your life?

5. Are there any damaging relationships in your life? What will you do this year to make these relationships better?

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NEW YEAR'S GOALS

Take a moment to reflect on your answers to all these questions. If you're inclined, apply these answers by setting a few goals for this year. Call them resolutions if you feel like it.

1. _____

2. _____

3. _____

4. _____

5. _____

Feel free to copy and distribute this worksheet, but do not sell it. You can find more helpful (and free!) downloads at SimpleMom.net/tools/downloads, and there's always my book, *Organized Simplicity* -- find out more at OrganizedSimplicity.net.

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